



OFFICE OF EMERGENCY
SERVICES

Spring 2009

* Make a Plan * Build a Kit * Be Prepared * Get Involved *



Inside this issue:

Neighborhood Organization	2
New San José Prepared! Courses	2
Pet Preparedness	2
Recent Events	3
San José Prepared! Class Schedule	4

DID YOU KNOW?

This year, daylight saving time begins at 2 am on Sunday, March 8.

So, remember to set your clocks forward one hour and check the batteries in your smoke detectors. It is also a good idea to check your emergency contact list for any necessary updates.

GOING GREEN

In accordance with San José's Green Vision, future editions of the San José Prepared! Newsletter may be available only in electronic form.

They can be viewed and downloaded from our website:

<http://www.sanjoseca.gov/emergencyservices/sanjoseprepared/newsletters.asp>

Earthquake Class

Last December, the Office of Emergency Services hosted a four-day course about working in the Emergency Operations Center (EOC) during a disaster. Trainers from California Specialized Training Institute (CSTI) conducted classroom lectures and facilitated practical exercises. Over 50 senior staff from various City departments as well as agencies such as American Red Cross, Santa Clara County Office of Emergency Services, Radio Amateur Civil Emergency Service (RACES), and Business Executives for National Security (BENS) participated in the training. The course, which would have cost the City \$55,000, was sponsored by a Homeland Security grant.

Participants were assigned to five workgroups, corresponding to the five major functions of the Standardized Emergency Management System (SEMS): Management, Operations, Planning/Intelligence, Logistics, and Finance/Administration. During the first three days of the training, each group discussed plans on how it would respond to a major disaster. On the last day, all the planning and instruction culminated in a full-scale exercise at the EOC.

The exercise was based on a fictitious city that had just experienced a magnitude 7.0 earthquake. The participants had to activate and run the EOC to make sure that the city's emergency needs were met. The exercise tested their abilities to respond to a major disaster, which included how to mobilize limited resources and communicate effectively and efficiently with one another in a high-stress environment.

At the conclusion of the exercise, many participants stated that they had gained more insight into disaster preparedness and had a better understanding of how the City would respond to a catastrophe.

Train the Trainer

On February 28, twenty three people attended a three-hour Train-the-Trainer course at the Willows Senior Center. They learned how to conduct the 2-hour Home and Family Disaster Preparedness class, one of the necessary steps to become a San José Prepared! volunteer trainer. Each participant practiced his or her public speaking skills by teaching a portion of the class to the entire group. Members of the audience provided feedback about things that were done well and areas that needed improvement.

Volunteer trainers are a tremendous asset to the city. They offer a wealth of knowledge and experience that enhances the disaster preparedness education offered by San José Prepared!

If you are interested in becoming a volunteer trainer, please contact us at (408) 277-4598 or at SJPrepared@sanjoseca.gov



New San José *Prepared!* Courses

On December 30, 2008, San José *Prepared!* volunteer instructors Frances Tao and Yvonne Wong along with OES Administrative Officer Scarlett Li Lam conducted the first Chinese 2-hour class at the Jeanne d'Arc Manor and Giovanni Center. Twenty one people attended the class. They were thrilled to learn about emergency preparedness in their native dialects, Mandarin and Cantonese.

On January 26, 2009, San José *Prepared!* initiated a new, two-week version of its 20-hour course. Traditionally, the course consists of five 4-hour Saturday

classes. The new version has four 2-hour weeknight classes and two 6-hour Saturday classes over a period of two weeks.

The new format has received positive feedback. For instance, several participants stated that the new format made it easier to attend the class after work. Others enjoyed the option of completing the course over a shorter period of time.

Thirty people graduated from the two-week course. San José *Prepared!* will continue to offer both formats until further evaluation of the two-week version is completed.

The next set of Saturday classes begins on



March 21. The next two-week format begins on June 15. To register for either class, please call (408) 277-4598 or email SJPrepared@sanjoseca.gov

Neighborhood Organization

In the event of a major disaster, it will be up to neighborhoods to act as their own "first responders." So, it is important for residents to organize their neighborhoods in preparation for emergencies such as earthquakes, floods, or fires.

When organizing your neighborhood, begin with those people who share similar interests in disaster preparedness. If you belong to a neighborhood association or Strong Neighborhood Initiative, find out if there are other San José *Prepared!* graduates in the group. Once these people are

identified, you can discuss what resources can be shared. For instance, you can find out who is trained in first aid and CPR. You can also identify who has construction skills and equipment, which may be helpful for light search and rescue.

Introducing yourself as a San José *Prepared!* graduate and talking about the program is a good way to start. For those individuals who need more information, you can promote the 2-hour and 20-hour San José *Prepared!* classes by distributing flyers and brochures. However, be aware that placing items in

someone's mailbox is illegal and also considered an invasion of privacy.

Neighborhood organizing is a continuous process. Once you are able to establish a core group of interested individuals, keep the momentum going by holding regular meetings and sharing leadership positions. It may be a good idea to rotate positions annually. This can encourage greater participation and share workload.

It is important to remember that in a disaster, everyone is affected. So start early to make sure that you and your neighbors are organized and prepared.

Pet Preparedness

If you have pets, it is important to include them in your disaster preparedness plans. During an emergency, you need to decide whether to stay put or evacuate. If you decide to stay put, designate a "safe room" in your home where you and your pet can stay together. If you decide to evacuate, take your pet with you if possible, keeping in mind that public shelters may not let animals inside. Start with finding facilities that can accommodate your pet, such as a pet-friendly hotel or boarding site. Consider purchasing permanent identification for your pet, such as a microchip implant, in case you and your pet become separated. Creating a buddy system with a neighbor can

ensure the safety of your pet if you are not home when a disaster strikes. Talk with your buddy to make sure that he or she is comfortable with handling your pet. When preparing a disaster kit for your family, be sure to assemble one for each pet as well. Things to include in your pet's kit are a one-week supply of food, water, and any prescription medication; identification, such as photos of you with your pet and photos of your pet that show any distinguishing features; and supplies to help care for your pet, such as collars, leashes, and toys. Remember that in the event of a disaster, whether you decide to stay put or evacuate, your pet is depending on you to keep it safe.



For more information, visit the Humane Society of the United States website at <http://www.hsus.org>

Recent Events

Congratulations to San José *Prepared!* volunteers David Bushman, James Fowler, Alex Fraser, Yvette Galindo, Scarlett Li Lam, Don Muger, Rebecca Wang, and Yvonne Wong, who were honored for their services to the community by the Mayor and City Council at the State of the City Community Breakfast held on January 14, 2009.



*San José Prepared! volunteer instructor Yvonne Wong conducting the 2-hour Home and Family Disaster Preparedness class in Chinese.
Picture taken on December 30, 2008.*



*San José Prepared! volunteer instructor Frances Tao conducting the 2-hour Home and Family Disaster Preparedness class in Chinese.
Picture taken on December 30, 2008.*



San José Prepared! members conducting the cribbing exercise as part of their last module before graduation. Picture taken on February 7, 2009.



*OES staff members Saman Saffarzadeh, Alvin Galang, and Scarlett Li Lam with new 20-hour San José Prepared! graduates at the Emergency Operations Center. Picture taken on February 7, 2009.
OES Director Kim Shunk (not shown) also attended the graduation.*



San José Prepared! volunteer instructor Alex Fraser conducting the 2-hour Home and Family Disaster Preparedness class at the Almaden Community Center. Picture taken on February 19, 2009.



*OES Director Kim Shunk and staff members Saman Saffarzadeh, Alvin Galang, and Scarlett Li Lam with participants at the Train-the-Trainer workshop at the Willows Senior Center.
Picture taken by Alex Fraser on February 28, 2009.*

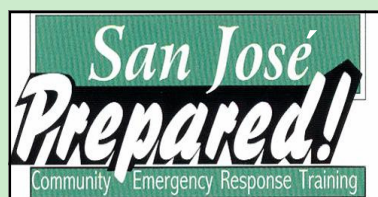
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Visit us online: www.sanjoseca.gov/emergencyservices

As part of San José's **Green Vision**, send us an email to request an **electronic version** of the newsletter!



GO GREEN!
TO RECEIVE THIS NEWSLETTER
ELECTRONICALLY, PLEASE
EMAIL US AT
SJPrepared@sanjoseca.gov

FREE 2-hour Disaster Preparedness Presentations

No Fee

DATE	TIME	LOCATION
4/8/09	5:30-7:30pm	Rose Garden Library
4/22/09	6-8pm	Alma Senior Center
4/29/09	6-8pm	Camden Community Center
5/13/09	6-8pm	Evergreen Library
5/21/09	6-8pm	Almaden Community Center
6/4/09	6-8pm	Gardner Community Center
6/10/09	6-8pm	West San Jose Community Center
6/11/09	6-8pm	Hank Lopez Community Center
6/16/09	6-8pm	Southside Community Center
6/23/09	5:30-7:30pm	Berryessa Library

20-hour San José Prepared! Course (Saturday Classes)

Fee: \$40.00

MODULE	DAY	DATE	TIME	CLASS	LOCATION
1	Sat	3/21/2009	8:30am-12:30pm	Personal Preparedness and Neighborhood Organization	EOC
2	Sat	4/4/2009	8:30am-12:30pm	Fire Safety and Hazardous Materials	BFO
3	Sat	4/18/2009	8:30am-12:30pm	START Triage and Disaster Psychology	EOC
4	Sat	4/25/2009	8:30am-12:30pm	Light Search and Rescue and Damage Assessment	EOC
5	Sat	5/16/2009	8:30am-12:30pm	Terrorism Awareness and Preparedness/ Graduation	EOC

* EOC= Emergency Operations Center (855 N. San Pedro Street #454)

BFO=Bureau of Field Operations (255 S. Montgomery Street)

Dates, times, and locations are subject to change. For complete schedules, please visit our website at <http://www.sanjoseca.gov/emergencyservices/sanjoseprepared>

This publication can be made available upon request in alternate formats, such as, Braille, large print, audio recording or accessible electronic format.

Requests can be made by calling 408-277-4595 or 408-294-9337

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